

IN THE ABSTRACT

A healthy chair comprises an inclined seat plate, a plurality of feet, and a frontal torso positioning device. The seat plate has a front side and a rear side that is higher than the front side. The frontal torso positioning device is fastened to the seat plate at the rear side thereof and extends forward and upward. Support bars for resting the feet of a user are positioned near ~~inserted between~~ the feet of the chair below the rear side of the seat plate. Thereby an upright sitting position is automatically assumed by the user, with the upper body and the thighs enclosing an angle of more than 90 degrees, resulting in a better sitting position, straightening of the spine and better health.